

Ovulation pain

It's common to have ovulation pain about 14 days before your period. It usually lasts a short time and is nothing to worry about.

Check if it's ovulation pain

Some women get ovulation pain.

It can affect anyone who ovulates, which is when an egg is released as part of your menstrual cycle.

Ovulation pain often:

- feels like a dull pain or sharp sudden twinges
- lasts from a few minutes to 1 or 2 days
- happens about 14 days before a period
- only affects 1 side of your tummy at a time
- switches sides each time, depending on which ovary releases an egg

You may also have a little vaginal bleeding or discharge during ovulation.

Causes of ovulation pain

Ovulation pain is caused by the ovary releasing the egg.

There are some conditions that may cause a similar pain.

These include:

- conditions that affect the womb or ovaries such as [endometriosis](#) and [ovarian cysts](#)
- some sexually transmitted infections (STIs), such as [chlamydia](#)
- scar tissue (adhesions) from surgery you've had near the ovaries, such as a [caesarean section](#)
- an [ectopic pregnancy](#)

Urgent advice: Ask for an urgent GP appointment or get help from NHS 111 if:

You have tummy pain and:

- the pain is severe and painkillers have not helped

- the pain keeps coming back
- you think you may be pregnant

You can call 111 or [get help from 111 online](#).

Treatment for ovulation pain

If ovulation is the only cause of your pain and it's not severe, a warm bath or painkillers, such as [paracetamol](#) or [ibuprofen](#) may be all you need.

A GP may advise [contraception](#) to stop you from ovulating, such as the contraceptive pill or a contraceptive implant.

If a GP thinks something else is causing the pain, they may refer you for tests or to see a specialist. Treatment will depend on what the cause is.